



# WORKING WELLNESS

Good Health is Good Business

**APRIL  
2016**

*is...*

Alcohol  
Awareness  
Month

National  
Autism  
Awareness  
Month

Irritable Bowel  
Syndrome  
Awareness  
Month

National  
Donate Life  
Month

Distracted  
Driving  
Awareness  
Month

**With**

National Public  
Health Week

National Walk  
@ Work Day

For more  
information on these  
observances or  
future observances,  
go to U.S.  
Department of  
Health and Human  
Services at  
<http://healthfinder.gov/NHO/nho.aspx>

## WELLNESS PROGRAM

### FRIENDLY REMINDER

**The 2016-2017 Wellness Physician Forms  
are due by October 31, 2016!**

**Save \$300 annually on your premium!**



To access the form go to:

<http://www.monroecounty-fl.gov/wellness>

NOTE: Proof (not results) of procedures that are done outside of a doctors office (Colonoscopy, Mammogram, etc.) must be attached to the Wellness Physician Form. Qualifying visit to your physician must be between the dates of 10/1/15-10/31/16.

If you have any questions regarding the WELLNESS PROGRAM, please call Mary Moeller your Administrative Assistant for the Benefits Office at 305-292-4446.

### NATIONAL WALK @ LUNCH DAY – APRIL 27

Wednesday, April 27, the Blue Cross Blue Shield companies across the U.S. celebrate the 10th year of National Walk@Lunch Day®, which is designed to complement—not compete with—your busy lifestyle, and improve your health step by step. Businesses large and small and state legislatures across the nation will join Blue Cross Blue Shield in encouraging employees to wear comfortable shoes and take a walk at lunch. Be part of it. Get away from your desk on April 27 and take a walk at lunch! For more information click the link below:

<http://www.bcbs.com/why-bcbs/walkingworks/national-walklunch-day.html>

Also, check out 10 Tips for Fitness Walking:

<http://www.medicinenet.com/script/main/art.asp?articlekey=61220>



WEDNESDAY, APRIL 27, 2016

## SPOTLIGHT OF THE MONTH: ALCOHOL AWARENESS MONTH

Alcohol Awareness Month is an opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices.

Below is the link to the National Institute on alcohol abuse and alcoholism website. It has information about how the disease of alcoholism can effect you and how it can be treated.

<http://www.niaaa.nih.gov/>



If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?



## SPOTLIGHT OF THE MONTH: QUANTUM EAP

The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling (up to 8 sessions depending on each situation) within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation\*\*.

**\*\* For employees that missed the EAP Workshop:** The Employee Assistance Program Workshop and Communication in the Workplace Training videos are now available via the Monroe County Intranet Portal and are located under the training video heading. The workshop featured a session designed especially for those in supervisory positions and a separate session designed for all employees. In addition, the power point presentations that go along with the workshops are also available to you by contacting the employee benefits office.

Go to their website <http://www.accessqhs.com/> and in the top right corner of the initial page you will see a red icon that says "employer support". Click on that link and then you will need to login with the password QHSmanager (the login is case sensitive). You will see material for download and copy as needed . . . also an employee and supervisory video.

**CHECK OUT QUANTUMS MONTHLY NEWSLETTER:** <http://www.accessqhs.com/#!/balanced-living/c13v6>



Available 24/7 @ 1-877-747-1200

Or

Check out their website

<http://www.accessqhs.com/>



# COMP CORNER

*Providing you with continuous general information on your Workers' Compensation benefits.*

## Some Tips About Chippers

*Not a very safe  
place to be*

Never reach into a chipper while it is operating.

Do not wear loose-fitting clothing around a chipper.

Always follow the manufacturer's guidelines and safety instructions.

Use earplugs, safety glasses, hard hats and gloves.

Workers should be trained on the safe operation of chipper machines.

Always supervise new workers using a chipper to ensure that they work safely and never endanger themselves or others.

Protect yourself from contacting operating chipper components by guarding the infeed and discharge ports, and preventing the opening of the access covers or doors until the drum or disc completely stops.

Prevent detached trailer chippers

from rolling or sliding on slopes by chocking the trailer wheels.

Maintain a safe distance (i.e., two tree or log lengths) between chipper operations and other work/workers.

When servicing and/or maintaining chipping equipment (i.e., "unjamming") use a lockout system to ensure that the equipment is de-energized.



**If you need assistance with W/C please contact Tammy Sweeting @ (305) 292-4507.**

Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

## A word from the Safety Officer

### **How Germs are Spread in the Workplace:**

**A/C systems, coughs, and sneezes that release droplets.**

**Surfaces like door handles, hand rails or elevator buttons.**

**Skin to skin contact by touching or sharing personal items – or even shaking hands.**

**Objects like pens, tools, cups etc. made germ by hands that have touched the mouth, nose or eyes.**

### **Effective Germ Control:**

**Cover broken skin- as intact skin is an important barrier against germs.**

**Keep your stuff to yourself – don't share clothing, towels, cups or other personal items.**

**Wash It First – Before using any items in the break-room such as utensils or plates – wash them first.**

**Regularly wipe down surfaces at your workstation, including your phone, computer or tools with disinfecting wipes.**

**Keep a safe distance (at least 6 feet) and wash frequently if a coworker is sneezing a lot or has a cough or sore throat.**

**Most importantly – stay home if you are ill so that you don't infect coworkers.**

### **Cold and Flu Factoids:**

**An average of 200,000 people are hospitalized each year in the U.S. due to complications from the Flu.**

**The CDC recommends that everyone over 6 months of age get an annual Flu vaccine as soon as it becomes available.**

**The typical incubation period for the Flu is one to four days. Adults can be contagious from the day before symptoms begin through 5 to 10 days after the illness starts.**